

Revised: Fall 2016

PNE 141 Nursing Skills I

Course Outline

Prerequisites:

None

Course Description:

Studies principles and procedures essential to the basic nursing care of patients.

Semester Credits: 3 Lecture Hours: 2 Lab/Recitation Hours: 3

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Course Outcomes

At the completion of this course, the student should be able to:

1. Explain principles of homeostasis and its effect on health and illness.
2. Describe the six components of the chain of infection.
3. Discuss the concept of asepsis.
4. Differentiate between medical and surgical asepsis.
5. Discuss and demonstrate the procedures for assessing, reporting, and recording vital signs.
6. Discuss and demonstrate certain topics and procedures related to nutrition.
7. Discuss the principles of infection control.
8. Discuss the principles of standard and transmission-based precautions.
9. Demonstrate infection control measures, including donning and removing personal protective equipment (PPE) and disposing of equipment.
10. Discuss the purpose of the National Patient Safety goals.
11. Discuss certain safety factors and environmental hazards.
12. Discuss the legal, ethical, and client safety aspects of using physical and chemical restraints.
13. Discuss restraint alternatives.
14. Demonstrate safe application of physical restraints.
15. Discuss and demonstrate appropriate body mechanics when performing selected nursing skills.
16. Discuss and demonstrate selected procedures related to client hygiene.
17. Discuss nursing measures to promote comfort, rest, and sleep.
18. Demonstrate the technique for making an occupied and an unoccupied bed.
19. Discuss the principles of correct body mechanics and purpose of ergonomics.
20. Discuss and demonstrate the correct procedures for turning, moving, and transferring clients with assistance, without assistance, and using mechanical devices.
21. Differentiate between fitness exercise and therapeutic exercise.
22. Discuss and demonstrate active and passive range-of-motion exercises.

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23. Discuss and demonstrate the use of ambulatory aids.
24. Discuss cultural and age-related considerations as they relate to basic nursing care.

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Required Materials:

Lab Kit which must be purchased at the VWCC Book Store.

Textbook:

Timby, B.K. (2013). *Fundamental Nursing Skills and Concepts. (10th ed.)*. Philadelphia, PA: Wolters Kluwer/Lippincott Williams & Wilkins. ISBN 978-1-60831-787-5

Timby, B.K. (2013). *Workbook for Fundamental Nursing Skills and Concepts. (10th ed.)* Philadelphia, PA: Wolters Kluwer/Lippincott, Williams, & Wilkins. ISBN 987-1-4511-5167-1

Buchholz, Susan. (2016). *Henke's Med-Math Dosage calculation, Preparation and Administration (8th Ed)*. Philadelphia: PA. Lippincott, Williams, & Wilkins. ISBN 9781496302847

The following supplementary materials are available:

The Point
PrepU
Docucare

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Topical Description: (Outline chapters and sections to be covered in the book – may include timeline)

Unit I: Asepsis

- A. Microorganisms
- B. Chain of Infection
- C. Asepsis
- D. Nursing Implications

Unit II: Infection Control

- A. Infection
- B. Infection Control Precautions
- C. Infection Control Measures
- D. Psychological Implications
- E. Nursing Implications

Unit III: Vital Signs

- A. Body Temperature
 - a. Temperature Measurement
 - b. Normal Body Temperature
 - c. Assessment Sites
 - d. Thermometers
 - e. Elevated Body Temperature
 - f. Subnormal Body Temperature
- B. Pulse
 - a. Pulse Rate
 - b. Pulse Rhythm
 - c. Pulse Volume
 - d. Assessment Sites
- C. Respirations
 - a. Respiratory Rate
 - b. Breathing patterns and Abnormal Characteristics
- D. Blood Pressure
 - a. Factors Affecting Blood Pressure
 - b. Pressure Measurements
 - c. Assessment Sites

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- d. Equipment for Measuring Blood Pressure
- e. Measuring Blood Pressure
- f. Alternative Assessment Techniques
- g. Abnormal Blood Pressure Measurements
- E. Documenting Vital Signs
- F. Nursing Implications

Unit IV: Nutrition

- A. Overview of Nutrition
 - a. Human Nutritional Needs
 - b. Nutritional Strategies
- B. Nutritional Patterns and Practice
 - a. Influences on Eating Habits
 - b. Vegetarianism
- C. Nutritional Status Assessment
 - a. Subjective Data
 - b. Objective Data
- D. Management of Problems Interfering with Nutrition
 - a. Obesity
 - b. Emaciation
 - c. Anorexia
 - d. Nausea
 - e. Vomiting
 - f. Stomach Gas
- E. Management of Client Nutrition
 - a. Common Hospital diets
 - b. Meal Trays
 - c. Feeding Assistance

Unit V: Hygiene

- A. Integumentary System
 - a. Skin
 - b. Mucous Membranes
 - c. Hair
 - d. Nails
 - e. Teeth
- B. Hygiene Practices
 - a. Bathing
 - b. Shaving
 - c. Oral Hygiene
 - d. Hair Care



- e. Nail Care
- C. Visual and Hearing Devices
 - a. Eye Glasses
 - b. Contact Lenses
 - c. Artificial Eyes
 - d. Hearing Aids
 - e. Infrared Listening Devices

Unit VI: Comfort Rest and Sleep

- A. Client Environment
 - a. Client Rooms
 - b. Room Furnishings
- B. Sleep and Rest
 - a. Functions of Sleep
 - b. Sleep Phases
 - c. Sleep Cycles
 - d. Sleep Requirements
 - e. Factors Affecting Sleep
- C. Sleep Assessment
 - a. Questionnaires
 - b. Sleep Diary
 - c. Nocturnal Polysommography
 - d. Multiple Sleep Latency Test
- D. Sleep Disorders
 - a. Insomnia
 - b. Hypersomnia
 - c. Sleep-Wake Cycle disturbances
 - d. Parasonmia
- E. Nursing Implications
 - a. Progressive relaxation
 - b. Back Massage

Unit VII: Safety

- A. Age-Related Safety Factors
 - a. Infants and Toddlers
 - b. School-Aged Children and Adolescents
 - c. Adults
- B. Environmental Hazards
 - a. Latex Sensitization
 - b. Burns
 - c. Asphyxiation

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- d. Electrical Shock
- e. Poisoning
- f. Falls
- C. Restraints
 - a. Legislation
 - b. Accreditation Standards
 - c. Restraint Alternatives
 - d. Use of Restraints
- D. Nursing Implications

Unit VIII: Body Mechanics, Positioning, and Moving

- A. Maintaining Good Posture
 - a. Standing
 - b. Sitting
 - c. Lying Down
- B. Body Mechanics
- C. Ergonomics
- D. Positioning Clients
 - a. Common Positions
 - b. Positioning Devices
 - c. Turning and Moving Clients
- E. Protective Devices
 - a. Side Rails
 - b. Mattress Overlays
- F. Transferring Clients
 - a. Transfer Handle
 - b. Transfer Belt
 - c. Transfer Boards

Unit IX: Therapeutic Exercise

- A. Fitness Assessment
 - a. Body composition
 - b. Vital Signs
 - c. Fitness Tests
- B. Exercise Prescription
 - a. Target Heart Rate
 - b. Metabolic Energy Equivalent
- C. Types of Exercise
 - a. Fitness Exercise
 - b. Therapeutic Exercise
- D. Nursing Implications



Unit X: Ambulatory Aids

- A. Preparing for Ambulation
 - a. Isometric Exercises
 - b. Upper Arm Strengthening
 - c. Dangling
 - d. Using a Tilt Table
- B. Assistive Devices
- C. Ambulatory AIDS
 - a. Canes
 - b. Walkers
 - c. Crutches
 - d. Crutch-Walking Gaits
- D. Prosthetic Limbs
 - a. Temporary Prosthetic Limb
 - b. Permanent Prosthetic Limb
 - c. Client Care
 - d. Ambulation With a Lower Limb Prosthesis
- E. Nursing Implications



PNE 141 Nursing Skills I - LAB

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SKILL
Asepsis
Handwashing
Hand antisepsis with an alcohol-based rub
Creating a sterile field and adding sterile items
Donning sterile gloves
Vital Signs
Assessing body temperature
Assessing the radial pulse
Assessing the respiratory rate
Assessing blood pressure
Nutrition
Feeding a client
Hygiene
Administering perineal care
Giving a bed bath
Giving oral care to unconscious clients
Shampooing hair
Comfort, Rest, and Sleep
Making an unoccupied bed
Making an occupied bed
Giving a back massage
Safety
Using physical restraints
Infection Control
Removing PPE
Body Mechanics, Positioning, and Moving
Turning and moving a client
Moving client up in bed (1 nurse and client)
Moving client up in bed (2 nurse & roller sheet)

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Transferring client from bed to chair (gait belt)
Transferring client from bed to chair (transfer board)
Transferring client (mechanical lift)
Therapeutic Exercise
Performing range of motion exercises
Ambulatory Aids
Measuring for Crutches, Canes, and Walkers

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Notes to Instructors:
(List information about optional topics, departmental exams, etc)

None

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